

Tomato Asiago Frittata with Sautéed Arugula and Mushrooms

Ingredients:

- 2 Tbs heavy cream
- 2 tsp. chopped fresh thyme
- 1/2 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- 6 eggs
- 1 Tbs olive oil, divided
- 1/3 cup thinly sliced shallots
- 1/3 cup Asiago cheese
- 1 to 1/2 cups halved cherry or grape tomatoes
- 1/2 cup sliced mushrooms
- 2 cups Arugula

Preheat broiler to high. Whisk the first 5 ingredients in a large bowl. Heat an oven-proof medium skillet (I used 10") over medium heat. Add 2 tsp. of the olive oil to pan along with the shallots. Sauté 3 minutes or until the shallots are translucent. Add egg mixture to pan. Cook about 5 minutes or until eggs are partially set. Sprinkle 3 Tbs of the asiago cheese over eggs. Arrange tomatoes over eggs and sprinkle the rest of the cheese over the top. Place pan in oven and broil 5 minutes or until top is lightly browned and eggs are set. Remove from oven, cut into 8 wedges, and remove to a plate. Use the same skillet and place over medium-high heat with 1 tsp. olive oil. Add mushrooms and Arugula and sauté until Arugula has began to wilt. Season to taste and enjoy!

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"The key to eating healthy? Avoid any food that has a TV commercial." - Anonymous